



Learning to benefit from the energies around you

Everything around us is made of, has and exchanges energy. This energy can be moved through links and bonds. At conception you form an energy link with your mother that you use to balance both your energy and hers. This link remains for years after you are physically separated from her. As you grow you form other human links to relatives, friends, and even children of your own. It is relatively easy to form links with other humans. Some people never considered or find it difficult to form links with other things.

It is expected that as you go through life you will form and even sever many links with the world around you, in order to keep yourself healthy and balanced. If these links are never created, your health and well being begins to stagnate, deteriorate, and suffer. Energy is in the plants and animals of nature; as well as the earth, minerals, and air around us. You can form links with all of them, although some may be easier than others. The ease of forming links has to do with the vibration or rhythm of the energy that each thing possesses. The different rhythms of energy are what separate us.

In order to use and benefit from this energy you must change your personal rhythm. I don't mean to physically change from a human into a tree, the sun, or an animal, but if you begin to think like a tree (for example), your rhythms start to change. The more contact with the tree and practice being a tree, the closer your rhythm will match. Both you and the tree will benefit from this matched energy and for a time it will be like you both are one.

Nature is always trying to reach equilibrium; the energies that do not serve you may serve another, and without an attempt to release this energy then you and another may

suffer. Please do not try to suck or draw the energy away from the tree or subject you are working with. Nature will allow balance of both the Yin and Yang energies, (without your interference) the instant you match rhythm. If you feel that the energy is not enough to fix the imbalance within yourself, then you must choose another subject.

It is helpful if you consider the energies you have excess of or are lacking before you choose a subject. As rules don't mix "fire and ice" it will be uncomfortable for both you and your subject. For example; an extreme yang energy, like from a hyperactive child and an extreme yin energy from a sluggish person. Instead balance and step up gradually from one source to another. Chances are that the hyperactive child and the sluggish person are too far out of rhythm with each other to form a solid link anyway.

This is a gradual process and takes practice like anything else. The benefits are numerous and the risks are low. When you find yourself bonded to someone or something that doesn't feel beneficial then move on. Severing a link is as simple as changing your rhythm or vibration. Just choose a new subject and begin working with it and as you match rhythm with the one you will diverge from the other and loose the link.

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